

BEDFORD RECREATION

SPRING 2011

**BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730**

Office located on 2nd floor of the Yellow Town Center Building



Follow us on the internet at www.bedfordrecreation.org and at www.bedfordtowntaxi.com

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Bedford Recreation Department

RECREATION DEPARTMENT

Amy Hamilton, Recreation Director: amy@bedfordma.gov
 Nick Cacciolfi, Assistant Director: nickc@bedfordma.gov
 Raeann Gembis, Adult Coordinator: rgembis@bedfordma.gov
 Janet Humphrey, Administrative Assistant: janeth@bedfordma.gov
 Leslie Ringuette, Clerk: recstaff@bedfordma.gov

RECREATION COMMISSION

Ron Richter, Chairman
 Dave Ellis
 Suzanne Johnson
 Tom Mulligan
 Robin Steele

LOCATION AND OFFICE HOURS

Phone # 781-275-1392 Fax # 781-687-6156

The Recreation Office is located at 12 Mudge Way on the second floor of the Yellow Town Center Building.
 Office is open Monday - Friday 9:00 AM - 4:00 PM

NEIGHBORS HELPING NEIGHBORS FUND: This fund has been established to make funds available for those Bedford residents who might not be able to afford Recreation programs. If you are able to make a donation, your contribution will be greatly appreciated. Make a donation with our online registration! Just add Neighbors Fund to your cart & adjust the "Quantity" to the amount would like to donate.

FEEDBACK

How are we doing? If you have comments, concerns, or suggestions that might be helpful to us, please let us know!
 Call: 781 -275 – 1392, fax: 781 - 687 – 6156, e- mail: amy@bedfordma.gov; nickc@bedfordma.gov

RECREATION DEPARTMENT FINANCIAL ASSISTANCE:

To apply for financial assistance:

- 1- Complete a Financial Assistance Request Form (available on the counter outside the Recreation Office, on the Recreation Department website: www.bedfordrecreation.org and mailed or faxed by request)
- 2- Make certain that the form is answered completely (forms that are not complete will not be considered)
- 3- Indicate which program you are asking for assistance
- 4- Submit FA Request Form to Recreation Department with Recreation Registration Form

Your registration will be processed to hold a spot.

If a financial assistance award is not made, the Recreation Department will offer two options:

- 1- Withdrawal of the registration
- 2- Establishment of a mutually agreeable payment plan

The timeline for notification of financial assistance is typically two days to one week. To protect your privacy, please do not attempt to discuss financial assistance with those processing the registration. There are no "immediate" determinations nor is staff other than the Recreation Director authorized to review the information that you provide on the Financial Assistance Request Form.



Springs Brook Park Guide

Brochure will be mailed out in Early May.



REGISTRATION IS NOW OPEN!

Please note: Waivers are required for participation in all Recreation Department Programs.

Recreation Dep't Registration Information

NO PHONE REGISTRATIONS

Unless otherwise specified, Recreation Registration Procedure is as follows:

MAIL (W/CHECK payable to "Town of Bedford," MC or VISA #),

FAX (W/MC OR VISA #),

DROP-OFF

REGISTER ONLINE

All registration is limited. Please use forms in this brochure. Receipts will be mailed.

Wait list status will be indicated on the receipts if the session you choose is full.

Classes will NOT be prorated.

TO REGISTER ONLINE

Go to the Recreation website and click on the link to "Register Online."

Pay with a credit card and receive an instant e-mail confirmation of enrollment (must be paid in full; deposits not accepted online).

Write down your customer number for future online transactions. Call us if you forget it next time!

NOTE to 1st time users: account holder must be an adult, do not set up acct. using child's name and info. Make sure to input first/last name in correct location. You may register multiple children for multiple programs all in one transaction.

NON-RESIDENT REGISTRATION

Unless otherwise noted, there is a \$5/program non-resident fee.

REFUND/CANCELLATION PROCEDURES

1. Cancellation fee: \$10 for each program canceled before the first class. After the first class, we will also deduct for each class held. There is no refund given after the 3rd class.
2. Special Events/Activities and Field Trips: no refunds
3. Classes that are not self-supporting (due to low enrollment) will be canceled.
4. These refund policies do not apply to programs for which other refund policies are stated.

DEPARTMENT GENERAL INFORMATION

1. Recreation Office hours Monday-Friday 9-4.
2. Recorded message and/or website will be used for cancellations.
3. Children must be picked up on time after all activities.
4. The Recreation Department attempts to meet the needs of all residents. Those requiring special assistance should contact the Recreation Director.
5. Classes will not be held during vacation weeks unless otherwise specified.
6. On school early release days, classes are held at their regular times unless otherwise noted. Parents are responsible for transportation.
7. If Bedford Schools are closed due to weather, Rec. programs will be canceled.
8. Financial aid may be available upon request.
9. There is a \$25 penalty fee for all returned checks (Finance Dep't policy)
10. Transportation to Recreation programs, when provided, will be by Bedford Charter Service (school buses), unless otherwise noted.

SPECIAL EVENTS & FAMILY ACTIVITIES

BOSTON RED SOX TICKETS!

The Red Sox Buzz is back! Join us as we make the trip to Yawkey Way to see the new and much improved Red Sox this year. With the off season acquisitions of Slugger Adrian Gonzalez and speedster Carl Crawford, this season could be a season to remember! Bus will leave Town Hall promptly at 5:00pm and return immediately after the games. Children under age 14 must be accompanied by an adult. Fee includes transportation. Please include a cell number in enrollee notes of someone in your party when registering. If you would like to be seated with another family on the trip, please include that in the notes section as well. We will try to accommodate all requests, but cannot be guaranteed.



FEE: \$65 per ticket

3 Games Choices

Mon., May 30, 7:05pm vs. White Sox Box 87 (max: 70)

Wed., July 6, 7:05pm vs. Toronto Box 89 (max: 70)

Tues., Aug 16, 7:05pm vs. Tampa Bay Box 92 (max: 62)

PAN MASS CHALLENGE BEDFORD KIDS' RIDE

Sat., 6/11 Register, 9-1 PM, JGMS

Grab your bikes and join over 400 kids from Bedford and surrounding towns to ride in support of the Dana-Farber Cancer Institute and its Jimmy Fund. Choose a route that is right for you: Wally's Way, an obstacle course for tykes on trikes; Yawkey Way, a 1/2 mile ride perfect for training wheels; Green Monster, a 3 mile ride for young adventurous riders; Big Papi, a 6 mile ride for more experienced riders; Big Papi Slam, a 10 mile ride for those who want a real challenge; and Fenway, an off-road route just for teens. Celebrate after the ride with food, refreshments, music, activities, raffle and more! Visit <http://kids.pmc.org/bedford/> for more information and to register or volunteer. Registration fee is \$10 per rider and a suggested fundraising minimum of \$50. Contact Amy Mason at a.mason10@verizon.net with questions.

DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Our tickets cost \$6.25 (regular price \$10). Tickets are valid after the first two weeks of a new release and do not expire and can be used at all AMC/Lowe's Theaters including the Burlington Theater. Buy them today at the Recreation Office! *Movie theatre may charge additional fees at the box office for 3-D movies.*



CAPE ANN WHALE WATCH TICKETS

No restrictions and no expiration!

Whale watching is a fun, family-friendly activity and you can purchase your tickets anytime in our office. Once you have the tickets, visit their website at www.SeeTheWhales.com, choose your date/time options and make a reservation at 1-800-877-5110.

More information and directions can be found on the website. The Whaling season runs from April thru October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Tickets non-refundable. Tickets can be picked up at the Recreation Office.

Tickets: \$25 each (reg. \$45 adults/\$30 for children)

GIFT IDEA!

Need a great gift idea for a holiday or special occasion? Purchase a Bedford Recreation Department class or activity and we will provide you with a certificate to present to the recipient.



SUMMER CONCERT SERIES

Information on the Summer Concert Series will be released online with performers and dates this spring. We will include the information in our Summer Springs Brook Park Brochure in early May.

ADULT ACTIVITIES

ADULT CLASS INFORMATION

- ◆ Information such as the directions to an offsite activity or material lists can be found on our website. You may also pick any of this information up in the Recreation Dept. office.
- ◆ There will be soon be a link to Instructor Biography information on the website
- ◆ Website: www.bedfordrecreation.org

ARTS - CRAFTS - MUSIC FOR ADULTS

CHARCOAL AND PASTEL STUDIO CLASS

w/ Alma Bella Solis

Students will produce their own composition using either charcoal pencils/chalks or dry pastels chalks/pencils. Subjects will range from still life to human figures. Drawing methods in outline, contour, shading, blending, detailing are taught using perspective, proportion and following the ten offices of the eye. The instructor uses the three guiding rules in producing good art; accurate observation, emotional power and the art subject must stand for all humanity. Students should bring their own choice of subject matter the first class. Materials list provided on our website or in the office. (min 4/max 9)

Fee: \$105

Session 1: Fri. 10:00-12:00noon, 4/8-5/13 (no class 4/22)(5 wks)

Session 2: Fri. 10:00-12:00noon, 5/20-6/17 (5 wks)

Class held in The Kid's Club wing/The Corner, Rm 144, Town Ctr.

COLLAGE AND WRITING FOR PERSONAL INSIGHT:

A Multi-media Course For Women w/ Pata Suyemoto

This course is designed for women who want to use collage and writing for exploration of their inner selves. We will use informal writing exercises along with collage to explore the particular constellation of issues we as women face. We will identify and express these issues and our personal relationship with them. A chance to share words, if we choose, and to witness other women's journeys. Special attention to creating a safe place for writing and sharing. Material list available on our website or in the office. (min4/max10) ages 16 +.

Class held Kid's Club wing, Room 152, Town Ctr.

Tues. 7:00-8:30pm, 4/5-5/17 (no 4/19) 6 wks, **Fee: \$70**

BLUES GUITAR WORKSHOP (Age 14+) w/ Chris Carter

Take your guitar playing to the next level with this workshop! This is the perfect opportunity to meet other guitarists and gain "jamming" experience. Learn how to play a basic 12 bar blues in different keys, turnarounds, minor and major pentatonic scales and commonly used lead guitar picks then pair up with another guitarist to jam and improvise! Participants must have at least one year of playing experience. Bring acoustic or electric guitar with practice amp. (min4/max12) Held in Kids' Club Wing/The Corner, Rm 144, Town Ctr. Thurs, 5/26, 7-8:30pm **Fee: \$25**

HARMONICA w/ Tim Gartland

Tim Gartland, a Bedford Resident has 30 years of playing experience and has performed with Bo Didley and the Legendary Blues Band. All students receive a copy of his Talking Harmonica Training Guide and CD. Students must purchase a ten-hole diatonic harmonica in the key of C, available at local music stores. For more info. www.talkingharmonica.com Age 16+ (min 2/max 6)

Classes held in Kids' Club Wing/The Corner, Rm 139, Town Ctr.

Beginner: Introduction to Folk, Blues and Rock Harmonica.

Beginner lessons will give you solid introduction to this uniquely expressive and affordable, pocket sized harmonica. No prior musical experience is necessary.

Tues. 6:30-7:15pm, 4/5-5/17 (no class 4/19) 6 wks **Fee: \$120**

Intermediate: This class is advanced for those who have completed the intro class or have already been playing beyond the beginner level. Also appropriate for accomplished musicians who play another instrument. After this course, the student will be ready to perform with other musicians.

Tues. 7:15-8:00pm, 4/5-5/17 (no class 4/19) 6 wks **Fee: \$120**

PERSONAL INTEREST CLASSES & WORKSHOPS

GROWING GOOD VEGETABLES w/ Meighan Matthews

Have you wanted to plant a vegetable garden but have not known how to get started? Have you had a garden but it has not lived up to your expectations? This workshop will introduce you to the important building blocks of growing a healthy organic vegetable garden in our area: layout, soil, fencing, raised beds, pest prevention and fail-safe varieties of vegetables. We will discuss what to plant when and how to take care of your plants throughout the growing season, as well as local resources for supplies. Meighan is the founder of Growing for Good that designs, constructs and tends beautiful organic vegetable gardens for homes, businesses and schools.

Mon., April 4, 7:00-9:00pm. (min 12/max 25) **Fee: \$25**

Class held in Kids' Club Wing/The Corner, Rm 144, Town Ctr

APPRECIATING NATURE w/ Christopher Stix

Tippling Rock, Nobscot Scout Reservation, Sudbury

Observing and connecting with nature enhances our powers of observation, our joy in being present in nature and our artistic eye for the natural world. You will share activities that enable you to observe more effectively, experience the exceptional beauty that is all around you and gain an appreciation for the living things around you at Tippling Rock, an area of exceptional beauty. This program is sponsored by Sudbury Valley Trustees. Directions will available on our website or pick up in the office

(min 5/max 8)

Fee: \$20

Thursday, May 19, 9:00-Noon, (Rain date: Fri. May 20)

PERSONAL INTEREST CLASSES & WORKSHOPS (cont.)

KEEPING YOUR COMPUTER SAFE w/ Al Murray

Do you know how to protect your computer from viruses, spyware and other malware? Can you protect yourself from phishing? Do you even understand what these terms mean? Do you know how to safely shop the internet? Can you spot spam or fake email addresses? We will answer these questions and more. We will compare anti-virus software like McAfee, Norton and some free options. We will talk about firewalls, safe networking, updates and installation that can keep your computer safe. Bring your questions along.

Pre-requisite: Prior basic computer use and access to a home computer to do "homework". Age 16+ (min 5/max12)
Wed. 7:00-8:30pm, 4/13-5/25 (no class 4/20), 6 wks **Fee: \$82**
Class held in The Kid's Club wing/The Corner, Rm 144, Town Ctr.

REDECORATE YOUR HOME w/ Anna Wallace

What color to paint the wall? What lighting to buy? How to do it within your budget? Are you overwhelmed by all of these decisions? You will get the answers as we walk you through the basic concepts involved in the design/redesign process. You will have a better understanding of space, color, lighting, furniture and materials choice. You will have the opportunity to bring in to the class a home space or room that needs to be re-invented and walk away with real suggestions you can apply! Your participation includes a *free consultation* at your home with the instructor. For more info see www.AWInteriorDesign.com (min 4/max 10)

Wed. 7:00-8:30pm, 4/6-5/18 (no class 4/20) 6 wks, **Fee: \$140**
Class held in The Kid's Club wing/The Corner, Rm 139, Town Ctr.

FIRST AID w/ instructor Robert Stack

The course is designed to teach the basic steps necessary to deal with emergency medical situations that might occur around the house or at the office. Will cover such emergencies as falls, breaks, cuts and scrapes and other medical issues such as recognizing cardiac and stroke problems. This course is great for parents of small children and meets the requirements for Day Care Providers.

Tues. March 22, 6:30-9:30pm **Fee: \$60**
Age 16+. Class held at Carlisle Town Hall, 66 Westford St.

MEATLESS MONDAYS w/Leslie Wittman

"Meatless Monday" is a growing movement whose goal is to help people reduce their meat consumption. Are you intrigued by the idea of changing your eating habits but having trouble getting started? Leslie will discuss strategies, tips, products and recipes to help you create healthy meatless dishes your family will love. We will sample some easy, homemade recipes you can try at home. Class held in Kids' Club Wing/The Corner, Rm 139, Town Ctr

Thursday, May 5, 7:00-8:30pm (min 3/max 20) **Fee: \$22**

HOW TO RAISE A MONEY SMART CHILD

Complimentary workshop w/ Barb Davis, Financial Advisor sponsored by Edward Jones Investments

This seminar is a great way for parents and grandparents to learn some tools and techniques for talking with their children or grandchildren about money. Suitable for adults w/ children ages 4 – 12. (min 2/max 25) Thurs. 4/7, 7 - 8pm, Kid's Club wing/The Corner, Rm 139, Town Ctr.

\$10 Rec. Dept' adm. fee per family

MAXIMIZE YOUR COLLEGE FINANCIAL AID

Complimentary workshop sponsored by College Funding Advisors, Inc of Bedford

This workshop is a must for all parents of college-bound high school students, especially freshmen and sophomores. Demystify the financial aid process and learn how to access more than \$90 billion in financial aid dollars. Strategies are presented that will help protect your assets by maximizing your eligibility for aid effectively lowering your college costs. Learn the optimum time to set the strategies in place (before Junior year!) and why if you wait until aid form deadlines, you may miss out on the full amount of aid for which you should qualify. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. A free comprehensive analysis will be provided for those attending.

Mon. 4/11, 7:00-9:00pm, Kid's Club wing/The Corner, Rm 144, Town Ctr. (min 3/max 25) **Fee: \$20 Rec. adm. fee per family**

FROM KIDS TO COLLEGE w/ Mary Roberts

Navigating Your Child's Transition

The move to college marks the milestone of a lifetime and parents play a key role in helping their child prepare for college living. You will learn everything you need to know to help your child make a smooth transit from home to college life and how to create a space for success in their new on-campus dorm life. Mary will cover the three important key phases of transition and how to smooth the move to campus, discuss the realities of dorm living and show you how to arrange the room so your child can study, relax and socialize effectively. (min 2/max 20) Class held in The Kid's Club wing/The Corner, Rm 144, Town Ctr.

Tuesday, May 17, 7:00-8:30pm **Fee: \$25**
(see the "Bedroom to Dormroom" workshop for students in the High School Section)

BASIC BICYCLE MAINTENANCE:

Getting Your Bicycle Back On the Road w/ Pata Suyemoto

This workshop is designed to help you maintain your bicycle so it will run well and last for years! We will cover basic cleaning and lubing; how to check for safety issues; how to get your wheels on and off; basic brake and derailleur adjustments; quick fixes if you have trouble on the road; when to go to the shop; and the last session will be on how to change a flat on a rear tire. You should have access to a bicycle to practice at home. Age 16+ / age 12 to 15 w/parent. Kid's Club wing, Rm 152, Town Ctr.

Wed. 6:30-8:00pm, 5/4-5/18 3wks (min 3/max 10) **Fee: \$40**

JUST FOR WOMEN AND TEENAGE GIRLS: Same basic bicycle maintenance as above description designed for women.

Wed. 6:30-8:00pm, 4/6-4/27 (no 4/20) (min 3/max 10) **Fee: \$40**

PERSONAL INTEREST CLASSES & WORKSHOPS (cont.)

ORGANIZING WORKS! w/ Karen Kenney

Let's face it we all could use some help getting organized. But with this economy – maybe you don't have a budget to bring someone in to help. Come learn how to stop drowning in all that paperwork? Do you have too much mail to sort through? Not sure how long to keep your tax documents and other important paperwork? Karen can give you secrets on getting organized. We will be discussing big projects such as cleaning out a garage or basement, home downsizing and moving. We will also discuss everyday ways to help reduce the clutter, and other issues that keep us from maintaining our organized systems. (min 3/max 15) Class held in The Kid's Club wing/The Corner, Rm 144, Town Ctr. Tuesday, May 10, 7:00-9:30pm **Fee: \$28**

IMPROVING YOUR OFFICE EFFICIENCY

w/ Karen Kenney

Feeling little overwhelmed at work? Can't seem to stay ahead of all your deadlines? Clutter fills your office or cube? Tried to stay organized, but just can't keep up? Maybe you put fires out all day, leaving you little time to get your job done. Karen will enlighten you with some new ways to get ahead of the clutter and all those deadlines. Class topics: time management, filings systems and tickler systems, arranging your desk to be more streamlined, get rid of evil "in-baskets" that makes it impossible to find anything. Improving your office life could make you happier in your personal life. In this economy where jobs are scarce, becoming more efficient at work is key. (min 3/max 15) Class held in The Kid's Club wing/The Corner, Rm 144, Town Ctr. Tuesday, May 24, 7:00-9:30pm **Fee: \$28**

PHOTOGRAPHY WORKSHOPS

w/ Bedford Photographer Joan Ross

Using Your Digital Camera: Did you get a digital camera recently and want to learn what all those buttons are for? In the first session we will cover all those questions and help you understand your camera. In the second session, we practice using the camera in photographing different objects. Bring your camera and instruction manual with you to class! (min 4/ max 8) Mon. 6:30-8:30pm, 4/25 and 5/2 (2 wks) **Fee: \$40**

Class held in Kids' Club Wing/The Corner, Rm 144, Town Ctr
Basic Rules For Taking a Good Picture: You know how to use your camera, so now here are the basic rules for taking a good photograph. A combination of discussion, photographing together, looking at a scene, a person, an object and how to frame it. We learn that everyone sees differently, but there are some basic rules to follow such as the "rule of thirds." Bring your camera and instruction manual to class.

Mon. 6:30-8:30pm, 5/9-5/23 (3 wks) **Fee: \$55**
Class held at Joan Ross Studio, 37 Pickman Dr. Bedford

EXERCISE, FITNESS AND DANCE

SPRING BIKING w/ Mary Hurley

Local back roads and trails take on a new look as you round each curve on a bike. We explore many on and off-road trails during our rides through Bedford, Lexington, Concord and other towns. We will rendezvous by car at a different starting point each week. A recently tuned hybrid bike is best for these intermediate rides and helmets are required. We will ride a solid 20 miles on each outing. After registering, contact the instructor at maryhurley@comcast.net for meeting locations. 8 wks **Fee: \$89**
Option 1: Mon. 9:30-noon, start 3/28-5/23 (no class 4/18)
Option 2: Tues. 9:30-noon, starts 3/29-5/24 (no class 4/19)
Option 3: Fri. 9:30-noon, starts 4/1-5/27 (no class 4/22)

MYSTERY WALKS w/ Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. We usually walk four to five miles, rain or shine. Please provide email address when registering and contact instructor at maryhurley@comcast.net for meeting locations. Mary has been the spirited leader of hikes, bike trips and other marvelous adventures for more than 20 years. She has a great following and it will be more an adventure than a walk! **Fee: \$89**
Thurs., 9:30-noon, starts 4/7-6/2 (no class 4/21) 8 wks

SALSA w/ Steven Adcock

Salsa is a distillation of many Latin and Afro-Caribbean dances. This series of classes teaches the basic foot pattern consisting of six steps danced over eight counts of music. And, you will learn to 'break' or begin your first step on the 'one' or the first of the eight beats of each measure of music. We will focus on the style of dancing in a 'slot' or straight line. The women will own the straight line or slot which can be characterized as the 'street'. The men will learn to lead and move appropriately to the sides of the slot or the 'sidewalk' to allow the women to follow and display herself freely. Comfortable casual clothing and shoes with a smooth sole are appropriate. All levels welcome, no previous experience or partner necessary. Age 16+ (min10/max20) Thurs. 7:30-8:30pm, 4/7-6/2 (no class 4/21) 8wks **Fee: \$135**
Class held in the High School Dance Studio.

TAP DANCING w/ Chuck Frates (Age 16+)

Come join in this All-American form of dance! Get those feet tapping to the rhythm in one of two levels of classes offered. You will not only have a great time but a good workout also! *If you would like to view a class before registration, please contact us.*

Weds: 4/13-6/15 (no class 4/20) 9 wks of classes (min 5/max 18) **Fee: \$130 each**

Advanced (some experience) 11:00am -12:00 noon, *Day class held in the Union Rm, Town Center*

Advanced (some experience) 6:00-7:00pm

Beginner (no previous experience/or refresher) 7:00-8:00pm
Evening classes held in the High School Dance Studio.

WOMEN'S OUTDOOR BOOT CAMP w/ Sandy Morvillo

Shake off those winter blues and those few extra pounds that have been creeping up on you. Move beyond your fitness plateau. Whatever your reason, let's jump start the Summer into a fitter, leaner, stronger and most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. Come on Girls, it's go time! Sneakers, outdoor workout attire and water a must. Sign up for as many days and sessions as you'd like. Classes will be held rain or shine. Meet at the High School Track. Age 16+ (min10/max50) 8wks **Fee: \$92/Class**

Session:	Day/Time:	Dates:
Session 1	Class I: Mon. 6:30-7:30pm	4/4-5/23
	Class II: Wed. 6:30-7:30pm	4/6-5/25
	Class III: Sat. 7:30-8:30am	4/9-5/28
Session 2	Class I: Mon. 6:30-7:30pm	5/30-7/18
	Class II: Wed. 6:30-7:30pm	6/1-7/20
	Class III: Sat. 7:30-8:30am	6/4-7/23

Session 3 will start week of 8/1, details and sign up info available in the Summer brochure in May.

ZUMBA® DANCE-FITNESS (Age 16+) w/ Sharon Pugatch

Get fit, have fun and leave the world behind! Zumba is a Latin inspired, dance-fitness class that incorporates Latin/International music and dance movements for one hour of calorie-burning, body-energizing, movements meant to engage while having a blast. The routines feature interval training sessions where fast and slow rhythms and resistance are combined to tone and sculpt your body while burning fat. No dance experience necessary. Please wear comfortable clothes, sneakers, water and a towel. Contact: sharonel_red@hotmail.com or dancefitness.vpweb.com for more info. All fitness levels welcome (min 7/max25) 8wks **Mon. 6:10-7:10pm, 4/4-6/6 at the HS Dance Studio. (off 4/18, 5/30) Fee: \$85**

Wed. 5:30 - 6:30pm, 4/6-6/1 (off 4/20) @ the Union Room, Town Center. Fee: \$85

BEGINNER/GENTLE YOGA w/ Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class will consist of being led through centering and warm-ups, performing basic postures and breathing techniques, and being guided into a period of deep relaxation. Bonnie is a certified Hatha yoga teacher who believes that the practice of Yoga is beneficial to people of all fitness levels. Please bring a yoga mat and water. (min 7/max 15)

Tues. 9:30-10:30am, 4/12-6/7 (no class 4/19) 8wks **Fee: \$100**
Classes held in the Union Room Town Center.

Fri. 9:30-10:30am, 4/15-6/10 (no class 4/22) 8wks **Fee: \$100**
Class held in The Kid's Club wing, Rm 153, Town Ctr.

Free Trial Class: Tues. 4/5, 9:30am and Fri. 4/8, 9:30am (Please register online or call)

POWER VINYASA FLOW YOGA w/ Yoko and Jeff Chun

This yoga is for those who want to be challenged and feel great. Vinyasa yoga is a steady flow of connected yoga postures linked with breath - seamless flow of movements. We will cover the basics - Sun Salutations, Triangle, Warrior. Practicing these poses will help to increase your flexibility, core strength, stability and bolster physical and mental well-being. Yoko and Jeff completed training with internationally re-known yoga instructor Natasha Rizopoulos. Bring: yoga mat, towel and water bottle (block, strap and blanket recommended) (min 9/max 15)

Classes with Yoko:

Tues. 9:15-10:45am, 4/12-6/21 (off 4/19) 10 wks **Fee: \$115**

Class held in the Kids Club Wing Gym, Room 153, Town Ctr

Thurs. 9:15-10:45am, 4/14-6/23 (off 4/21) 10wks **Fee: \$115**

Class held in the Union Room, Town Center.

Free Trial Classes: Tues. 4/5 or Thurs. 4/7, 9:15-11:45am
(Please register online or call)

Class with Jeff:

Tues. 7:00-8:30pm, 4/12-6/21 (off 4/19) 10 wks **Fee: \$115**

Class held in the Kids Club Wing Gym, Room 153, Town Ctr

Free Trial Class Tues. 4/5, 7:00-8:30pm. (Please register online or call)

YOGA-THE BASICS w/ Randi Currier

With the days lengthening, come breathe a little Yoga into your evening! This moderately vigorous posture flow will leave you feeling cleansed, clear and connected to a greater community. Detailed alignment guidance is given to keep your practice safe and strengthening. Randi has taught Yoga for the past 10 years. She knows she has been to a good class when she is kinder to herself afterwards. Please bring a yoga mat, a thick blanket, as well as a yoga block and belt if you have them. Suitable for fit beginners and continuing students.

Wed. 7:00-8:15pm, 4/6-6/1 (no class 4/20) 8wks **Fee: \$96**

Class held in the Union Room, Town Center (min 10/max 20)

ARGENTINE TANGO w/ Steven Adcock

Of the many styles of Argentine Tango, you will learn the elegant, traditional and romantic Salon Style of the 1950's. The class will focus on the most important aspects of Tango; the embrace, walking, the basic codified figures and most importantly musicality and the art of improvisation. The Tango is about a connection, empathy between two people, the need to embrace and be in the arms of another. Tango can change your life forever! Steven and his wife Cheryl Casquejo are world finalists in Argentine Tango Cabaret Style. They have appeared as dancers in Marc Anthony's video, Valio la Pena and as coaches and judges in MTV's Made. They are one of the only Americans to be invited to perform with the world's top Argentinean dancers at the U.S. Festival Internacional de Tango Argentino. All levels welcome, no previous experience or partner necessary. Casual clothing and shoes with smooth rubber soles/heels. No sneakers. Age 16+ (min10/max20)

Thurs. 6:30-7:30pm, 4/7-6/2 (no class 4/21) 8wks **Fee: \$135**

Class held in the High School Dance Studio.

NIA CLASS w/ Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout, develops strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. All classes held in the Union Room, Town Center. (Min 9/max 20)

Mon. 9:30-10:30am, 4/4-6/20 (off 4/18, 5/30) 10wks **Fee: \$90**

Wed. 9:30-10:30am, 4/6-6/22 (off 4/20) 11wks, **Fee: \$99**

Thurs. 6:30-7:30pm, 4/7-6/23 (off 4/21) 11 wks, **Fee: \$99**

PILATES MAT CLASS w/ Pauline Whalley

Pilates will firm your abdominal muscles creating core strength, stretch the entire body from head to toe and help create long, lean, toned muscles. This is a great total body conditioning class that strengthens and tones muscles, improves posture, provides flexibility and balance. The use of resistance bands may be used in class to provide extra challenges to core conditioning and more intense stretches. Pilates participants should feel better after 1 session and look different after just 10 sessions - longer and leaner with better posture. All levels welcome. Bring a mat, water and hand weights, 1-3 lbs. each (min 10/max20) 9 wks

Mon. 6:45-7:45pm, 4/11-6/20 (no class 4/18,5/30) **Fee: \$108**

All classes held in Union Room, Town Center.

STRETCH AND TONE At Youn's Taekwondo Studio

Tae Kwon Do Stretch and Tone workout is an introduction to a system of techniques to build strength and tone the entire body. Promotes skill development in basic Tae Kwon Do as well as techniques to encourage flexibility, balance, relaxation and a stronger well being. Perfect for the beginner as well as the experienced. Children may participate with parent, appropriate for infant thru pre-school age. Wear comfortable clothes and bring water. Classes held twice a week for 4 weeks (min 5/max10)

Mon. and Wed. 11:00-11:40am, 4/4-4/27

Classes held at Youn's Taekwondo Studio, 55 North Rd. Suite 225. **Fee: \$70**

TAE KWON DO**w/ Youn's Taekwondo Studio**

An introduction to the Korean Martial Art of Tae Kwon Do, this martial art is beneficial for learning self defense and promoting strength and overall conditioning. Suitable for men and women, regardless of age. Wear comfortable clothing and bring water. All classes are twice per week for 4 weeks, 4/4 - 4/27

Fee: \$70

Option 1: Mon. and Wed., 12:00-12:40pm

Option 2: Mon. and Wed., 6:10-6:50pm

Option 3: Mon. and Wed., 7:00-7:40pm

Classes held at Youns Taekwondo Studio, 55 North Rd. Suite 225.

BEGINNER/INTERMEDIATE TAI CHI**w/ Bob Cormier, Oriental Healing Arts**

Tai chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner promoting awareness, health and longevity. Strengthen the immune system by increasing strength, flexibility and balancing energy while improving physical health and reducing stress.

Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Bring water and wear loose, comfortable clothing. (min 7/max 13)

Tues. 6:30-7:30pm, 4/26-6/14 8 wks

Fee: \$87

Classes held in the Davis Gym

BODYJAM™ and BODYPUMP™**w/ Nancy Griffiths and her elite team of instructors**

Bedford is proud to be THE ONLY Recreation Dpt. in the greater Boston area running these exclusive fitness dance programs.

BODYJAM™ This workout combines the addictive fusion of the latest dance moves and hip new sounds. Have fun and burning calories without even realizing it. No previous dance experience required; choreography is layered and simple. Instructors coach style, direction and attitude to motivate participants to perform at their best while burning fat, improving coordination, and expressing themselves. Please bring towel, water and sneakers. Age 15+. 10 weeks (min 8/max 30)

BODYPUMP™ is a fast way to shape up and lose body fat. The original barbell workout that strengthens and tones your entire body, challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. The simplicity of the class makes a great starting point to develop strength and confidence. Uplifting music synchronized with the exercises motivates you through the workout. Please bring mat, towel and water. Age 15+ (min 8/max 20) *Two classes a week is recommended for maximum benefit.*

For classes held at Callahan's Karate Studio, 20 North Rd, Bedford MA

KAMATE FITNESS SPRING SAMPLER: at Callahan's Karate Friday, March 25, 6:00-6:45pm. BodyPump Primer, 7:00-8:15pm BodyJam Jubilee, 8:15 light refreshments. Space limited, register online or call! Free of charge.

BODYJAM OPTIONS: (10wks) **Fee: \$155** for each option
Tues., 6:30-7:30pm, 4/5-6/14 (no class 4/19) H. S. Dance Studio
Fri., 9:15-10:15am, 4/8-6/17 (no class 4/22) Union Rm, Town Ctr
Sat., 10:15-11:15am, 4/2-6/11 (no class 4/23) Callahan's Studio

BODYPUMP OPTIONS: (10wks) **Fee: \$155** for each option
Tues., 9:15-10:15am, 4/5-6/14 (no class 4/19) Callahan's Studio
Thurs. 9:15-10:15am, 4/7-6/16 (no class 4/21) Callahan's Studio
Thurs. 6:30-7:30pm, 4/7-6/16 (no class 4/21) Callahan's Studio
Sat., 9:00-10:00am, 4/2-6/11 (no class 4/23) Callahan's Studio

ADULT SPORT PROGRAMS **INSTRUCTIONAL AND OPEN**

ADULT TENNIS w/ Barbara Aldorisio

The Beginner class covers basic strokes, volley, serve, some strategy and court coverage. The Advanced class focuses on strategy, improvement of skills, footwork and fun drills. Please bring a racket and water. Barbara is an USPTA Instructor. Lessons held at the Middle School courts. **Fee: \$55**

Tuesdays, 6/7-7/12 (rain dates will be made up at end) 6wks

Beginner: 5:30-6:30pm (min 5/max 10)

Advanced: 6:30-7:30pm (min 5/max 8)

BARRIE BRUCE GOLF SCHOOL

**Classes held at Country Club of Billerica,
51 Baldwin Rd. Billerica**

www.barriebrucegolfschools.com

MINI SCHOOLS: 3 one-hour lessons directed at those who are playing on a regular basis. **Fee: \$115**

Short Game: putting, pitching/chipping and sand-trap. Club selection and pre-shot planning emphasized.

Sat. 9:00am, 4/23-5/7 or Fri. 7:00pm, 5/6-5/20

Combination: irons, woods and short game.

Fri. 5:30pm, 4/15-4/29 or Sun. 9:00am, 5/1-5/15

GOLF SCHOOL 1: 5 one-hour lessons for the new golfer or golfer with little experience. Fundamentals of the game emphasized. Need pair of sneakers or golf shoes. **Fee: \$155**

Mon. 5:30pm, 4/11-5/9

Mon. 7:00pm, 5/2-5/30

Wed. 5:30pm, 4/13-5/11

Sat. 11:30am, 5/14 - 6/11

Sun. 1:30pm, 5/15-6/12

GOLF SCHOOL 2: 5 one-hour lessons for students who have some experience and want to improve their skills with more advanced techniques. **Fee: \$155**

Tues. 7:00pm, 4/26 - 5/24

Thurs. 7:00pm 4/28 - 5/26

Wed. 7:00pm, 4/27 - 5/25

Tues. 5:30pm, 5/24 - 6/21

RUNNING CLINIC w/ Shaun O'Brien

Shaun will help you to achieve your running goals. The clinic is geared toward beginner and intermediate runners and will provide instruction on how to improve your running efficiency and technique through strength training, video analysis, training and nutrition guidance. Shaun will help you put together a specialized training program that will deliver results and help avoid injury. Most importantly, you will benefit from the motivation and accountability of working with a coach. Shaun is a seasoned runner and USATF certified coach. Contact him if you would like more information shaun@t-fitt.com, or www.t-fitt.com. Age 15+ Held at Bedford High Track.

Tues. 6:00-7:00pm, 4/7-5/26, 8 wks (min. 6/max 15) **Fee: \$120**

ADULT INDOOR PICK UP SOCCER,

Join us for outdoor pick up soccer. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. Both programs at Davis School Gym. **No Fee**

Tues, Wed & Thurs, 9:00 - 10:00pm, 4/5 - 6/23 (off 4/19 - 21, 6/1, 6/2, 6/9)

ADULT OPEN VOLLEYBALL

Open to all Bedford residents age 18+ and not in high school.

Please bring your own volleyballs. Program runs 4/4 - 6/15 at the Lane School Gym. **No Fee**

Mon. & Wed. evenings, 7:00 - 10:00pm. (off on 4/18, 4/20, 5/30)

ADULT PICKUP BASKETBALL

Open to all Bedford residents age 18+ and not in high school.

Please bring your own basketballs. High School Gym. **No Fee**

Mon. & Thurs., 7:00 - 10:00pm, 4/4 - 6/16 (off on 4/18, 4/21, 5/30, 6/9)

ADULT BADMINTON - ADVANCED/INTERMEDIATE

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. Lane School Gym. (max 22)

Tues., 7:30 - 10:00pm, 4/5 - 6/7 (no use 4/19) **Fee: \$15**

Set up night is 4/5, play will be conducted once set up is complete

ADULT BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world. Join us and find out why. Lane School Gym.

Thurs., 7:30pm - 9:30pm, 4/14 - 6/2 (no use: 4/21, 6/9) **No Fee**

WOMEN'S PICK UP SOFTBALL

Join us for a fun and casual pick up softball game Sundays at Davis. All skill levels welcome! This program is open to all Bedford residents age 18+ and not in high school. Please bring a glove. Sundays @ Lower Davis Field 3:00 - 4:30 PM. **No Fee**

HAVE AN IDEA OR A REQUEST??

We would like to know!

In our effort to expand our adult offerings and family programs, we are looking for ideas, contacts and instructors. If you have a program/class you would like to see offered or would like to teach, please contact us with your idea, request or contact information.

Contact: Raeann Gembis: 781-275-1392 ext. 355

rgembis@bedfordma.gov

PRESCHOOL PROGRAMS

PREGYMNASTICS @ The Edge, 191 Hartwell Rd.

Jennifer McGrath & Dotty Martin keep the children moving in these exciting classes that teach children basic gymnastic skills using mats, bar and low beams while strengthening coordination and listening skills. Children are required to wear comfortable clothes with sneakers or bare feet. (Adults must stay and participate with children enrolled in the 2-3 year old class and younger) Mondays 4/4 - 6/13 (9 weeks) no class on 4/18 & 5/30 (Min 10/max 12)



Fee: \$130

2.5 - 3.3 yrs. w/ Adult Partner (9:15 - 9:55 AM): This class is a perfect combination of fun & learning! Each week is based on a different theme with a different piece of equipment. Roll down the mat and walk across the beam, swing like a monkey and jump like a frog. Parachute and stamps complete this magical gymnastics class!

3 - 4 yrs. Transitional Class (10:00 - 10:40 AM): I'm a big kid now! This class is a great class for the children who are ready to try class on their own. Meet new friends and learn to follow directions in a fun, confidence building class. Try a forward roll, cartwheel or handstand! Walk across the beam, swing on the bar and squat like a frog! *Parents may not wait in the hallways or on the field; Parents may watch from the waiting area or in the Lobby.*

18 months - 2.5 yrs. Tiny Tumblers w/ Adult Partner (10:45 - 11:20 AM): Children must be walking in this class. Children will play on the gymnastics equipment, climb and roll up and down different shaped mats, roll over barrels, walk across the beam, and jump on the monkey bed! Parachute play rounds out this program.

Kindergarten Class (1:10 - 2:05 PM): Participants will kick over the bars, explore balancing and rolls while on the beam, squat and straddle on the vaulting box, plus much more. Come and join in the fun!

3.6 -5 yrs old. (12:45 - 1:25PM): This class is designed for the child who is ready to learn some beginning gymnastics that will help them prepare for sports. Participants will work on jumps, splits, bridges, rolls, cartwheels, handstands and use the balance beams, bars, and vaulting equipment. *Parents may not wait in the hallways or on the field; Parents may watch from the waiting area or in the Lobby.*

****K — 5th grade gymnastic class information located Elementary Section of brochure; page ****

THUNDERCAT MINI SPORTS (AGES 3.5 - 5) w/ Chris Allen

Join Coach Chris for this Preschool sports program specifically designed for children 3.5 - 5 years old. Participants will have the opportunity to play and learn a variety of sports. Please wear athletic clothing, sneakers, and a water bottle. Program runs on Thursdays, 10:30am - 11:15am; 5/5 - 6/2 (5 weeks) on Town Center fields. Parents do not participate in the program with the child, but we ask that they stay in the area on the sidelines during the program. (Max 12)



Fee: \$72

PRESCHOOL SOCCER (4 & 5 yrs.) w/MA Premier Soccer

This fun introduction to soccer is open to all 4 and 5 year olds. The emphasis is on fun and activity. Tues, 4/26 - 5/31; 1:00 - 1:45pm at the Town Center fields (6 weeks). Each child must bring a size 3 soccer ball. Children should wear shin guards and bring water. Max: 48

Fee: \$55

MINI YOGIS (ages 4 - Kindergarten) w/Bonnie McCulloch

Come play yoga! Become a cat, dog, cow, frog and lion all in one class. We will have fun, giggle and learn yoga poses by taking the shape of plants and animals. Through storytelling, songs and yoga games, this active class will help develop better body awareness, self-control, flexibility, and coordination. Classes will be from 10:45-11:30 in the Union Room. Mondays 4/11 - 5/23 (no class 4/18) 6 classes (min 6/ max 8)

Fee \$75

INTRODUCTION TO TAEKWONDO & WHITE BELT CERTIFICATION (new members only)

w/ YOUNS TAEKWONDO (AGES 4 - 18)

Join Master Youn and his coaches for this 4 week (8 class) introduction to this Korean martial art and the national sport of South Korea. Taekwondo helps to develop respect, self-confidence, discipline and athleticism. Children will receive detailed instruction and individual help when needed. Classes run for 50 minutes. All classes take place at Youns Taekwondo Studio on 55 North Rd. Suite 225, Bedford. Students may attend any 2 classes each week. Classes offered on Mon, Tues, Weds and Sat. Each student will receive a uniform and fees also cover the belt testing class and cost.

Fee: \$85

Mon., Tues & Wed Class: Ages 4-7 @ 4:30 PM
Ages 8-11 @ 5:20 PM
Ages 12 & up 6:10 PM

Saturday Classes: All ages @ 11:00 AM

Session I: April 4th - April 30

Session II: May 2nd - May 28

ELEMENTARY SCHOOL ACTIVITIES



INTRAMURAL SPRING SOCCER (K-8) DEADLINE TO REGISTER FOR SPRING INTRAMURAL SOCCER: **March 31.**



Season: April 16– June 11. Volunteer coaches offer this Saturday soccer experience. The objective is for children to enjoy and learn the sport of soccer. Participants must wear shin guards and bring their own soccer balls. Please note: players are placed on either the girls' teams or the boys' teams in all age groups. If there are not enough players in for a grade 6-8 group, the 6th graders will play with the 3-5th graders and the 7th and 8th graders will receive a refund.

Parents provide all coaching and support functions necessary for the program's success. Please indicate your willingness to coach or assist on your child's registration form or in the notes section on online registration. No experience is necessary. We will provide training. **Fee: \$35**

Uniforms available at the Rec. Office and cost \$10

Please register/buy uniforms early. **LAST DAY TO REGISTER IS MARCH 31. All late registrants will be waitlisted.**

K Boys	10:30 - 11:30 J Field	Ball size 3
K Girls	10:30 - 11:30 B Field	
Grade 1 Boys	11:30 - 12:45 J Field	Ball size 3
Grade 1 Girls	11:30 - 12:45 B Field	
Grade 2 Boys	8:45 – 10:15 VA 2	Ball size 4
Grade 2 Girls	8:45 – 10:15 Davis	
Grade 3 – 5 Boys	8:45 – 10:15 HS Prac. Football Field	Ball size 4
Grade 6 - 8 Boys	8:45 – 10:15 HS Prac. Football Field	
Grade 3 – 5 Girls	8:45 – 10:15 HS Prac. Football Field	Ball size 4
Grade 6 - 8 Girls	8:45 – 10:15 HS Prac. Football Field	

ELEMENTARY GYMNASTICS (K - Gr. 5) with Jennifer McGrath & Dotty Martin

Jennifer & Dotty will keep your children moving in this exciting class that teaches basic gymnastics skills using floor, bar, vaulting, and low and high beam will be taught. Participants will learn and execute bridges, splits and jumps. Participants should wear comfortable clothes with sneakers or bare feet. Classes held at The EDGE 191 Hartwell Road on Mondays 4/4 - 6/13 (9 weeks) no class on 4/18 & 5/30 (Min 10/max 12) 9wks **Fee: \$130**

Kindergarten: 1:10 - 2:05 PM

Grades K - 2: 3:45 - 4:30 PM

Grades 3 - 5: 4:30 - 5:30 PM

INTRODUCTION TO TAEKWONDO & WHITE BELT CERTIFICATION (*new members only*) w/ YOUNS TAEKWONDO (AGES 4 - 18)

Join Master Youn and his coaches for this 4 week (8 class) introduction to this Korean martial art and the national sport of South Korea. Taekwondo helps to develop respect, self-confidence, discipline and athleticism. Children will receive detailed instruction and individual help when needed. Classes run for 50 minutes. All classes take place at Youns Taekwondo Studio on 55 North Rd. Suite 225, Bedford. Students may attend any 2 classes each week. Classes offered on Mon, Tues, Weds and Sat. Each student will receive a uniform and fees also cover the belt testing class and cost. **Fee: \$85**

Mon., Tues & Wed Class: Ages 4 -7 @ 4:30 PM
Ages 8-11 @ 5:20 PM
Ages 12 & up 6:10 PM

Saturday Classes: All ages @ 11:00 AM

Session I: April 4th - April 30

Session II: May 2nd - May 28

LANE AM GYM

Join us for early morning open gym time. The program runs from 4/4 - last day of school. The program runs Monday through Friday, 7:30- 8:30 AM (excluding holidays and no school days). Open to all Lane School students. Min 35 **Fee: \$90**

DAVIS AM GYM (Gr. 1 & 2)

Open Gym time for Davis Students. Participants will have the opportunity to play a variety of games in the gym. Half of the gym will typically be a group game, while the other half will be used for open play for those not interested in the group game. Program is supervised by 2 Recreation Staff members. The program runs from 4/4 - 6/22 The program runs Monday & Wednesdays, 8:00 - 9:00 AM (excluding holidays and no school days). Open to all Davis School 1st & 2nd grade students. Min 15/ Max30 **Fee: \$80**

BEDFORD SOCCER ITEMS FOR SALE!

We have a limited supply of Bedford Youth Soccer bags, water Bottles, winter hats, bracelets, pendants, bumper stickers and car magnets available for purchase at the Recreation Office (9:00 AM - 4:00 PM, M - F.)



Hats: \$3.00
Pennants: \$.50
Magnets: \$5.00
Water Bottles: \$2.00
Bracelets: \$.50
Bumper Stickers: \$1.00
Bags: \$5.00

HERSHEY TRACK PROGRAM**(ages 9 - 14 as of 12/31/11) w/ David Bell**

Can you leap tall buildings in a single bound, run faster than a speeding bullet, or throw a ball more than a mile? Are you fast? Do you like to race? Can you and your friends form a fast team? If so, come to this informal and fun track and field clinic designed to familiarize participants with the Hershey Track Meet Events. The emphasis is on participating, learning, improving, and doing the best one can. Events include a softball throw for distance, the broad jump and four individual running races of different distances, and a 4 x 100 relay race. Come with your relay team together, or we will create and put you in one. The events are contested in three age groups, 9 - 10, 11 - 12, and 13 - 14 year olds. Practices take place at the BHS Track on:

Mon. May 23- 3:30 - 5:00

Mon. June 6- 3:30 - 5:00

Wed. June 8- Warm-Up 4:00 scrimmage in Concord (Rain Date: Fri, 6/10)

Mon. June 13- 3:30 - 5:00

Thurs. June 16- 5:45 - 8:15 Local Qualifying Meet at Nashoba Reg. HS in Bolton (Rain Date: Fri. 6/17)

Sat. June 25- State Meet at Nashoba Reg. HS in Bolton for those that qualify.

Fee: \$65**SWORD FIGHTING FOR KIDS! (Grades 3-5)****With Guard Up!**

What do you get when you mix Harry Potter and Lord of the Rings with basic instruction in swordsmanship and lessons in teamwork and creative problem solving? You get a romping good time filled with physical and fun education! Students will learn basic guards, strikes and tactics. Then, with a little creative flair, the novice swordfighters play games that require strategizing, teamwork, problem solving and an accurate sword arm. There is a materials fee of \$20 to lease a sword or \$57.75 to purchase one (due by the end of the first class). Min.10/ Max.15. ***Waiver Req'd, print out on Rec. Website.*** Thurs, 2:45 - 3:45pm, 4/14 - 6/16 (no class 4/21 & 6/9) Lane Gym (8 wks.)

Fee: \$148**KINDERGARTEN AFTER SCHOOL SPORTS****w/ Peter Laskaris**

From 3:00 - 3:30, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!) From 3:30 (after bus dismissal from the gym) until 4:15, students participate in active games in the gym. Parents are responsible for transportation home at 4:15pm. Thurs. 4/14 - 5/26 (off on 4/21) Max. 20. 6 wks

Fee: \$55**DAVIS AFTER SCHOOL SPORTS (Grades 1 & 2)****w/ Peter Laskaris & Judy Johnson**

From 3:00 - 3:30, children will enjoy quiet activities and snack (please send a snack!) in the cafeteria. From 3:30 (after bus dismissal from the gym) until 4:15, students will enjoy active games in the gym. Parents are responsible for transportation home at 4:15pm. Max. 20

Mondays, 4/11 - 6/13 (no class 4/18, 5/30) 8 wks **Fee: \$70****Tuesdays, 4/12 - 6/7 (no class 4/19) 8 wks** **Fee: \$70****DAVIS KIDS' YOGA (Grades K - 2) w/ Bonnie McCulloch**

Roar like a lion, fly like a butterfly and travel to faraway places by experiencing yoga combined with music, storytelling, and cooperative games. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures, and relaxation techniques presented in a fun and creative manner. From 3:00 - 3:30, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!) From 3:30 (after bus dismissal from the gym) until 4:15, students participate in the gym. Wednesdays 5/4 - 6/22 (no classes 5/11, 6/1) 6 classes (min 6/max12)

Fee: \$71**LANE YOGA (Grades 3-5) w/Bonnie McCulloch**

In this fun and active class students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength, and peace. Kids are released into the gym at 2:35 and will have time for a snack. Classes will be from 2:45 - 3:45 p.m. in the gym. Tuesdays 4/12 - 6/7 (off 4/19); 8 classes (min 6/max 12) *Please note that pickup time is 3:45.*

Fee: \$95**DAVIS EXPLORING ART w/ Lori Murphy (K-2)**

Davis Painting: Come and create with paint! Spring will provide the inspiration for this session as we explore interesting ways to create art using different kinds of paint. You will learn how to create a painting, how to mix colors, create textures with paint using lines and marks and explore how paints can be used with other art materials to create interesting effects. Participants will paint animals, make a stuffed animal, outdoor painting and creating a mural with a classmate. Demonstrations and artist's work will be provided and utilized for inspiration. Please bring a snack! Davis Café, Tues. 4/26 - 6/14 8 wks.

Fee: \$95

Puppet Explorations II: Participants will have the opportunity to experiment and build puppets with a new set of materials, and create a variety of characters based on themes. Participants will paint scenery that will be used as the backdrop for the puppet theatre. Jim Henson, master puppeteer will provide inspiration as we participants learn techniques he used to build his puppets & bring his puppets to life. Whether returning to add to your collection or joining us for the first time, come and enjoy the art of puppet making! Please bring a snack! Thursdays, 4/14 - 6/16 (no class 4/21, 6/9) 8 wks Time: 3:00 - 4:15. min 10/max12 **Fee: \$95**

CHESS w/ International Chess Institute (Gr. 3-5)

Chess is the classic game that develops spatial thinking and strategies and builds focused concentration. Taught by a chess instructor from the International Chess Institute, the class is geared for all levels of chess players.

Beginners learn basic game rules and opening tactic moves. Intermediate and advanced players learn sophisticated combinations and strategies and advanced opening moves. Lane School Café, Fri. 4/15 - 6/17 (off 4/22 & 6/10) 8 weeks (min 8/max12) 2:45 - 3:45 PM

Fee:\$90

BARRIE BRUCE GOLF SCHOOL
Classes held at Country Club of Billerica,
51 Baldwin Rd. Billerica

APRIL VACATION JUNIOR GOLF CLINICS, (ages 7 - 14)

Come and learn golf with Barrie Bruce. These clinics run for an hour and a half M - F and take place at the Billerica Country Club. Each session will provide instruction on address position, swing with both irons and woods, short game, practice techniques and drills. All equipment and practice balls are provided. **Fee: \$95/session**

Session 1– April 18 - April 22 10:00 - 11:30 AM

Session 2 - April 18 - April 22 2:00 - 3:30 PM



ENGINEERING WITH LEGOS

w/ Wicked Cool for Kids (Gr.1 - 2)

Engineering with Legos™ teaches basic engineering concepts, problem solving, teamwork by playing and building with Legos™. The participants will learn about gears, levers, pulleys, and wheels & axles. These are the basic mechanisms that underpin all the mechanical equipment in our lives. Please note that from 3:00 - 3:15 will be snack time (please pack a snack) 8 weeks. Davis Café, Mondays, 4/11 - 6/13 (no class 4/18, 5/30) 3:00 - 4:15PM (min10/max12) **Fee: \$120**

WICKED GROSS SCIENCE

w/ WICKED COOL FOR KIDS (Lane)



Wicked Gross Science is not for the easily queazy! The gross yet fascinating things in life hide many science secrets. Baffling bacteria, wondrous worm guts, and other vile substances are investigated in this program for the strong of stomach. 8 weeks.

Lane Café, Tuesdays 4/12 - 6/7 (off 4/19) 2:45 - 3:45PM (min10/max15) **Fee: \$120**

SPRING TENNIS w/ KA Tennis

Come learn the sport of tennis from Kyle Anderson, a USPTR and USTA certified instructor who has 15 years of full time experience instructing individuals and groups. All lessons will be taught by Kyle Anderson and another professional tennis instructor if numbers warrant it.



Saturday Lessons: Program is designed to introduce all aspects of the game in a fun energetic atmosphere. Offered over a six week period, instruction is given on mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce the younger kids to the fundamentals of strokes. Hands on approach, drills and fun games make this class appropriate for all ages. Takes place at JGMS tennis Courts. Program runs from 4/23 - 6/4 (no class on May 28) Rain outs will be added on at the end of the session. 6 classes

Ages 4 - 6: 8:30 - 9:05 AM,. (Max: 8)

Ages 7 - 9: 9:15 - 10:15AM. (Max: 10)

Ages 10 - 14: 10:30 - 12:00. (Max: 10)

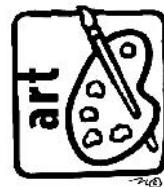
Fee: \$60

Fee: \$107

Fee: \$148

LANE MIXED MEDIA ART w/ Penny Leslie

This spring the program at Lane will focus on drawing and painting skills using water color, tempera and drawing materials to explore realism and abstract expressionism along with some nature drawing and painting outside (weather permitting). The class will continue to cover basic still life and landscape composition from pencil. Each week will have a different focus with emphasis on creative expression. Bring a snack and be ready to relax and have a good time exploring the arts! Lane Cafe, Thurs. 4/28 - 6/16 (off on 6/9) 2:45 - 4:30 (7 wks) **Fee: \$90**



ELEMENTARY EARLY RELEASE ACTIVITIES

DAVIS PROGRAMS

EARLY RELEASE DAY ART (GR. K-2) w/ Penny Leslie
All programs take place in Davis Art Room 12:00 - 1:30

April 6- Drawing Animals and Cartoons: Participants will choose stuffed animals that interest them. After a brief discussion and demonstration about animals, their unique qualities, expressions, shapes, and textures, the students will draw inspiration from the instructor's bag of samples and pictures to create their drawings. Materials will include colored pencil, markers, pastel, crayon, fabrics, textures, and glue. (Children will take home animal & drawing) **Fee: \$15**

April 27- Spring Flowers in a Vase: Have fun learning to create colorful tissue paper flowers on chenille stems. Participants will paint and decorate a vase to put them in. Stickers, ribbons, and other materials will make this a unique one of a kind flower bouquet. Just in time for "Mother's Day"! **Fee: \$15**

May 11- Insects, Butterflies and Imagination : Using our sense of sight, smell, touch and sound, we will visualize the beginning of Spring. Participants will create multimedia murals which will include imaginary bugs, butterflies, birds, and flowers using templates, cut pictures, and a variety of art materials. Additional visual material will be available for inspiration and reference. **Fee: \$15**



LANE PROGRAMS

LEARN TO COOK! w/Lori Delisio (gr. 3-5)

Soup & Focaccia: Wednesday April 13: 12:00-2:00

Learn how to make a delicious Spring soup and herbed Italian focaccia (flatbread) using local ingredients. We will sit down to a homemade lunch together for the last 15 minutes of the class. Class meets from 12:00-2:00 Lane Café (Max 10) **Fee: \$35**

Breakfast for Lunch: Wednesday April 27 12:00-2:00

Shake it up and let's have breakfast for lunch! Learn how to make a hearty New England breakfast of Cinnamon-Apple Oatmeal coffee cake and a farm fresh do-it-yourself Omelet. Once prepared, we will sit down and eat! Class meets from 12:00-2:00 Lane Café (Max 10) **Fee: \$35**

GIRLS ONLY SOCCER CLINIC 4/13 (Gr. 4 & 5)

w/ Sarita Biswas, Allie Capozza, and Hannah O'Connell

Join intramural coaches and girls HS varsity soccer team members Sarita, Allie & Hannah for this early release day soccer clinic, a National Honor Society high school service project to benefit the Peace Passers organization. The clinic will prepare girls for the spring season by focusing on ball control, passing, and shooting, as well as live game play. Participants should bring athletic apparel, shin guards, soccer socks, cleats, and a water bottle/snack. In the event of rain, the gym will be used, so please pack sneakers. The girls will be dismissed directly to the gym, where attendance will be taken. All participants will receive a Peace Passers patch upon completion of the clinic. All proceeds will be donated to Peace Passers. Peace Passers is a non-profit charity that helps underprivileged soccer leagues worldwide. Intramural Soccer Coordinator Caroline Fedele will be the adult supervisor of this program. For more information go to: <http://peacepassersclinic.weebly.com/> Takes place at Lane School 4/13; 12:00 – 3:00 pm in the Lane Gym/Field (Min 10/Max 20) **Fee: \$30**

ALL STAR BASKETBALL CLINIC 4/6 & 5/11 (Gr. 3- 5)

w/John Carroll

Gear up for the basketball season with former Celtic Head Coach, and current ESPN analyst Coach John Carroll and All-Star Basketball Camp staff. This clinic will work on skills and drills as well as game time. Please pack water & lunch. 12:00 - 2:00 PM in Lane Gym.

Session Dates: 4/6 & 5/11

Fee: \$30/session

SUPERSPORTS PROGRAM 4/27 w/ F.A.S.T. ATHLETICS

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports in this action packed early release day program. Some of the sports offered are Soccer, Basketball, Flag Football, Dodge ball, Baseball, and Kickball. Takes place in the Lane School gym and Fields. April 27, 12:00 - 1:30. (Min: 12/Max:30) **Fee: \$20**

MIDDLE SCHOOL PROGRAMS



Middle School Activity & Social Center
Operated by Bedford Recreation

The Corner Middle School drop in center is open after school M-F until 5:30. Open to all Middle School Students. Come on by!

COMING EVENING ATTRACTIONS

Fri., April 8 – Social at The Corner (theme TBD!!) 7:00 p.m. - 9:00 p.m. Join your friends at The Corner for food, Music, Dancing and fun. Register at the door. **Fee: \$5**

Fri., June 3– Canobie Lake Park Trip. Join us for an awesome night at Canobie! Bus will leave Town Ctr. Parking lot at 6:00 and will return at 10:45 PM. Bring spending money if you want to buy snacks or play games! **REGISTER NOW!! Fee: \$35**

Tues., June 14 (rain date June 15) – SBP Splash Blast 6:30 p.m. – 8:30 p.m. We had a blast in '10 at the SBP Splash Blast! DJ Mike Pride joins us for a beach party with music, dancing and games on the beach. Spray park, water slide, dock and pond are all yours for the evening (the park will closed to the public for this event, Bedford Middle School Students Only!). Register at the event. **Fee: \$5**

FINANCIAL ASSISTANCE: Please note that financial assistance is available for students!! Just let us know if you are looking for financial assistance with any of these activities/ trips.

MIDDLE SCHOOL PROGRAMS

BEDFORD YOUTH SOCCER RECRUITING REFEREES



Ever think of becoming a soccer referee? If you like having fun and getting exercise outdoors, and even better, getting paid for it, you should consider becoming a referee in Bedford. We are looking for high school and middle school boys and girls to referee. For details on how to become a referee, go to www.massref.net. Once you complete either the grade 9 or grade 8 course, please contact Bob Goodman, Bedford Referee Assigner, at goodmanreferee@yahoo.com.

INTRODUCTION TO TAEKWONDO & WHITE BELT CERTIFICATION (new members only) w/ YOUNG TAEKWONDO (AGES 4 - 18)

See description on Page 12

Fee: \$85

MIDDLE SCHOOL EARLY RELEASE

MAY 11: ULTIMATE ADVENTURE PAINTBALL

Join us as we venture to Ultimate Adventure Paintball at the Billica Rod & Gun Club for a day of paintball action! UA Paintball is one of the largest paintball courses in the area. The course is 150 yards by 100 yards and contains 450 bunkers. Cost of the program includes all equipment, and 500 paintballs (more than enough for the day) Participants are asked to wear hooded sweat-shirts and jeans. Students will leave from JGMS back parking lot at 11:45 PM and will return at approximately 4:00 PM. Please pack a lunch and water. *All safety equipment and paint guns are provided, please do not bring any of your own equipment.* **Min 25/Max 40. Fee: \$50**

APRIL 27: BMX TRICK DEMONSTRATION

w/ Kevin Robinson & Chris Poulos
Wednesday, April 27 (early dismissal day) at 1:00
BHS Outdoor Basketball Courts



Kevin Robinson is an 8 times X-Games Medalist, including 4 Gold Medals, and Chris Poulos is a Professional BMX rider who has won the coveted World Flatland Title in Denmark. **CHECK THEM OUT ON YOUTUBE!!!!** Kevin and Chris are Professional BMX Bike Riders and motivational speakers, speaking frequently at school assemblies. They speak about their own life successes and failures, offering insight about character building, overcoming adversity and the power of perseverance. Their stunts are awesome! We hope that kids will stop by on this early release day; it is very convenient for kids choosing to walk "up town" for lunch after school... just come back to the outdoor basketball courts at 1:00. **FREE!**

HIGH SCHOOL PROGRAMS

FROM BEDROOM TO DORMROOM: How To Create A Successful Space At College w/ Mary Roberts

Are you prepared to eat, breathe and live the collegiate lifestyle? This seminar will give you a firsthand glimpse into the dorm rooms of college students across the country to help you see how they have transformed their space. Topics will cover what to bring and how to decorate the space to create an environment for college success. (min 2/max 8) Monday, May 23, 7:00-8:30

Fee: \$25

For Parents: see our workshop "From Kids to College: Navigating your Child's Transition" in the Adult Section.

CHECK OUT THE OFFERINGS FOR HIGH SCHOOL STUDENTS IN THE ADULT SECTION

- **Running Clinic:** age 15+
- **Golf:** age 15+
- **BodyPump and BodyJam:** age 15+
- **Zumba:** age 16+
- **Bootcamp:** age 16+
- **Keeping Your Computer Safe:** Age 16+
- **Argentine Tango:** age 16+
- **Salsa Dance:** age 16+
- **Tap Dance:** age 16+
- **Harmonica:** age 16+
- **Blues Guitar Workshop:** age 14+
- **Collage and Writing for Personal Insight:** age 16+
- **First Aid:** age 16+
- **Basic Bicycle Maintenance:** age 16+

Other adult classes: with advance permission of the instructor. Contact us if interested.

SPRINGS BROOK PARK SUMMER 2011 EMPLOYMENT

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 11, 2011). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Hourly rates start at \$9.44 and are based on experience. Applications avail. @Rec. Office or online. Will accept applications until all positions are filled. Interviews will start in April.

CREW POSITIONS: *Open to Bedford residents only*

Interviews will be held in mid-May. Applications avail. @Rec. Office or online. Application deadline: May 5. May apply for more than one position. Please specify on application position/s interest. Very flexible schedules are available.

- **Park Attendants:** (min. age: 14 by June 11, 2011) Attendants are needed for greeting park guests and assisting with daily ongoing maintenance needs.
- **Swim Aides:** (min. age: 14 by June 11, 2011) Aides do not teach swimming, but assist the instructors with class safety. Must enjoy working with children and swimming.
- **Concession Staff:** (min. age: 15 by June 11, 2011) Prepare food, serve customers, daily maintenance of the concession stand and park.
- **Grounds Maintenance:** (min. age: 14 by June 11, 2011) Responsible for landscaping, grounds and facility maintenance.

LIFEGUARDING AND WSI COURSES

contact: www.bostonredcross.org

Classes for Lifeguard Training and WSI (Swim lesson instructor training) are held at local facilities during winter and February vacation weeks and other times over the Winter/Spring. Check out the Red Cross website for details. Sign up for classes soon!!
Lifeguard Training: minimum age 15. Must pass swim test. Total hours 28.5

WSI: minimum age 16 by course completion. Must pass swim test. Total hours 30

KIDS' CLUB



KIDS' CLUB SUMMER FUN...join the fun!

Open Weekdays 7:30 AM- 6:00 PM

KIDS' CLUB (KC) is a child care program licensed by the Massachusetts Office of Early Education and Care. During the school year, KC offers Before School, After School, and School Vacation care options. During the summer, KC offers *Summer Fun*, a program for children entering Grade 1 - Grade 6 where daily and weekly themes provide the basis for adventure and enrichment.

In past years, *Summer Fun* has been visited by the New England Aquarium Traveling Tide Pool, Mad Science, the Lowell Spinners, Pumpnickel Puppets, and the Museum of Science Mobile Planetarium. *Summer Fun* has also ventured off campus to places like Southwick's Zoo and Stoneyfield Farm and took in stage presentations such as "The Big, Bad Musical" by the Bedford Recreation Summer Stock group. "Alice In Wonderland" and "The Green Team" were presented on stage when The Hampstead Stage Performers visited. In the past, KIDS' CLUB has also been treated to Lowell Spinner's and Boston Breakers game tickets. This year, *Summer Fun* will offer similar activities as well as other structured and unstructured options in air conditioned rooms of the newly renovated North Wing at Town Center and outdoors.

For more info 781-275-5427

Nancy Cormier, Kids' Club Director

Becky Ricci & Alan Pedersen, Kids' Club Assistant Directors

RECREATION E-NEWS

SIGN UP FOR THE RECREATION DEPARTMENT E-NEWS!

- ◆ Information about new programs
- ◆ Information about registration
- ◆ Important news from the Recreation Department

If you would like to be kept apprised of happenings at the Recreation Department, please enroll today. Your e-mail address will not be shared nor will it be used for any purpose other than Recreation E-NEWS.

To enroll, add "E-NEWS" to your registration form, enroll online at www.bedfordrecreation.org (this is listed in the "Special Events" category), or call the Recreation Office at 781-275-1392.

FIELDS PARTNERSHIP



An interdepartmental town group has been meeting for the past year to address the increasing demand for athletic field capacity in Bedford. The Fields Partnership consists of representatives of the Department of Public Works and the Recreation Department and Commission, the High School Athletic Director, the Town Manager, along with a member of the School Committee and the Chair of the Selectmen.

The Partnership is preparing field use guidelines that support maintenance of healthy fields. Included in these guidelines are weather policies, scheduling protocol and field use protocol to guide users.

The Partnership is also looking ahead at opportunities for increased field inventory for the Town.

Please watch for further information about the group's progress over the next several months.

Questions? Please contact Selectman Mike Rosenberg 781-983-1763.

BEDFORD RECREATION DEPARTMENT REGISTRATION FORM

Recreation Fax #: (781) 687-6156

Participant: _____ Sex: M/F Home Phone: (____) _____
 Address: _____ D.O.B.: _____ Work Phone: _____
 E-mail Address(es): _____ Enroll in e-announcements? Yes No
 Emergency Name & #: _____
 Special Needs/Concerns: _____

If participant is under age 18, please complete this section. Grade Fall 2010: _____ Age _____

Parent 1 Work #: _____ Parent 2 Work #: _____

Parent 1 Cell #: _____ Parent 2 Cell #: _____

Soccer Shirt#: _____ Parent Coach/Chaperone? _____

Program: _____ Day: _____ Time: _____ Fee: _____

Program: _____ Day: _____ Time: _____ Fee: _____

Program: _____ Day: _____ Time: _____ Fee: _____

Can you help with a contribution to the Neighbors Helping Neighbors Fund:  Amt: \$ _____

Cash _____ Check _____ MC or Visa #: _____ Exp. Date: _____

I, do hereby consent to my minor child(ren)'s/my own participation in the program(s) into which I am enrolling, run by the Bedford Recreation Department, and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the program(s), wherever it occurs, which my minor child(ren)/I may now or hereafter have and as the parent of said minor(s), also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's program.

Date: _____ Signature: _____ (parental if participant is under 18 years old)

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Recreation Fax #: (781) 687 - 6156

Participant: _____ Sex: M/F Home Phone: (____) _____
 Address: _____ D.O.B.: _____ Work Phone: _____
 E-mail Address(es): _____ Enroll in e-announcements? Yes No
 Emergency Name & #: _____
 Special Needs/Concerns: _____

If participant is under age 18, please complete this section. Grade Fall 2010: _____ Age _____

Parent 1 Work #: _____ Parent 2 Work #: _____

Parent 1 Cell #: _____ Parent 2 Cell #: _____

Program: _____ Day: _____ Time: _____ Fee: _____

Program: _____ Day: _____ Time: _____ Fee: _____

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Date: _____ Signature: _____ (parental if participant is under 18 years old)

**BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730-2165**

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

**RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730**

COMMUNITY CONTACTS

Bedford Family Connection
www.BFCToday.com

Babe Ruth Baseball Softball
781-275-9222, www.bedfordbaseballsoftball.com

LBH Pop Warner Football/Cheering
781-862-4937, www.lbhpopwarner.com

Lexington/Bedford Youth Hockey
www.lbyh.net

The Edge Sports Center
781-275-9700, www.theedgesportscenter.com

Bedford Youth & Family Services
781-275-7727

Bedford Youth Lacrosse
www.bedfordyouthlacrosse.org

Bedford Travel Basketball Club
Jim Eliason: jim.eliason@desktone.com